Conduct a Physical Training Session

Formations

- There are two types of formations:
  - Extended Rectangular formation
    - Most common formation
  - Circular formation

Formations

- Extended Rectangular Formation
  - The group falls in centered and five paces in front of the instructor.
  - There are 9 commands to an Extended Rectangular formation:
    - Extend to the left, March
    - Arms downward, Move
    - Left, Face
    - Extend to the left, March
    - Arms downward, move
    - Right, Face
    - From front to rear, Count off
    - Even numbers to the left, Uncover
    - Assemble to the right, March

Extended Rectangular Formation

- **Extend to the left, March**
  - Soldiers in the right column stand fast with their arms extended to the side at shoulder level.
  - All other soldiers turn to the left and double-time forward with their arms parallel to the ground.
  - The proper distance between soldiers is 12 inches between fingertips and dressed to the right.

Extended Rectangular Formation

- **Arms downward, Move**
  - Soldiers lower arms to their sides.
- **Left, Face**
  - Soldiers execute a left face.

Extended Rectangular Formation

- **Extend to the Left, March**
  - Right column stands fast with arms parallel to ground, and all others double time to the left until 12 inches between fingertips.
- **Arms downward, Move**
  - Soldiers lower their arms to their sides.
- **Right, face**
  - Soldiers execute a right face.

Extended Rectangular Formation

- **From front to rear, Count off**
  - The leading soldier in each column with turn their heads to the right rear and will count off with “one”.
  - Every soldier in each successive column will also turn their heads to the left count off in turn, “two”, “three”, “four”, and so on.
- **Even numbers to the left, Uncover**
  - All even numbers will jump to the left directly in between the soldiers in the rank in front of them.

Extended Rectangular Formation

- **Assemble to the Right, March**
  - The soldier in the first squad in the first position will stand fast.
  - All other soldiers will double-time back their original positions.

Circular Formation

- Recommended for guerilla drills, grass drills, and circuit training.
- This formation is more informal than the rectangular formation
- This formation only has 2 commands:
  - Circular formation, Follow Me
  - Pick up a 5- yard interval

Circular formation

- Circular formation, Follow Me.
  - The instructor begins a double-time and the first rank will follow.
  - Each rank will follow in suit until the circle is complete.
- Pick up a 5-yard interval.
  - This ensures that there is enough space in between each soldier.
  - The group can then be halted and directed to face the center

Components of Session

- Warm up phase
- Conditioning phase
- Cool down phase

Warm Up Phase

- Prepares the body before participating in any activity.
- Warm up helps prevent injuries and maximizes performance
- Warm up increases body temperature and the heart rate

Warm Up Phase

- Consists of 5-7 minutes
  - Slow jogging in place for 2 minutes
  - Slow joint rotation:
    - Neck, Arms and Shoulders, Hips, etc
  - Slow static stretching of muscles used during up coming activity:
    - Overhead Arm Pull, Abdominal Stretch, etc.
  - Calisthenics exercise to increase activity level before activity:
    - Push ups, Steam Engine, Flutter Kicks, etc.

Conditioning Phase

- This phase lasts about 20 to 30 minutes.
- This is to reach the desired level of fitness targeting:
  - Muscular Strength and endurance
  - Cardiorespiratory endurance
  - Body composition
  - Flexibility

Cool Down Phase

- Phase lasts for 5-7 minutes
- Slowly decrease the intensity of the activity by walking or marching
- Repeat the same stretching exercises as conducted in the warm-up phase

??? Questions ???